

# American Fork Recreation – Coach/Parent Basketball Information Sheet – 2019

## Program: Girls 7<sup>th</sup> / 8<sup>th</sup> grade basketball



After reading this information sheet, if you have additional questions or comments, please email, call or stop by to talk with our Recreation Department staff.

### 1. Season

- a. Season games begin December 14.
- b. Season consists of a 7 game season, plus a double elimination post season tournament.
- c. Season games are mostly played at local Jr and Senior high schools. Game schedules will specify school, date, time and specific gym location of each game.
- d. Schedules will be posted on our “youth basketball” webpage and emailed out on November 27.

### 2. Coach

- a. All coaches must turn in their background release form or have previously been cleared from a previous background check through AFR in the last 4 years.
- b. Coach’s team packet will be available at the American Fork Fitness Center at the coach’s meeting on December 9.
  - i. Packet Contents
    1. Team Roster with the coaches and players names, phone numbers, guardian’s names, volunteers, email addresses.
    2. Team reversible jerseys are included in the coach’s packet and all players on your roster receive a new, numbered jersey from your packet. New jerseys can also be exchanged for different sizes at the AFFC during hours of operation.

### 3. Program Framework

- a. Ball size – 28.5 for girl’s games and regulation size ball for the boy’s game.
  - i. Game ball is provided at the facility each week.
- b. Games consist of two, 20 minute halves with a 5 minute half time.
- c. 5 on 5 with the baskets height at 10’

### 4. Rules

- a. 7<sup>th</sup> and 8<sup>th</sup> grade rules are posted on our “youth basketball” webpage. Parents and coaches should become familiar with the rules and their unique properties.

### 5. Practices

- a. Beginning November 21, coaches may email, [recreation@afcity.net](mailto:recreation@afcity.net) to schedule 4 practice times to begin December. The practice schedule link can be seen on our “youth basketball” webpage. Practices are held at the American Fork Jr High School and Timberline Middle School.

### 6. Facility Supervisor

- a. At each facility, there will be a supervisor to help with questions or other concerns you may have at each facility.